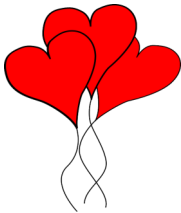


February 2024 METHODISTS IN MOTION fitness classes

Part of the FUMCT WELLNESS MINISTRY - heart, soul, mind, strength

“Above all else guard your heart, for it is the wellspring of life.” Proverbs 4:23

Sun	Mon	Tue	Wed	Thu	Fri	Sat
February is Heart health Month		Register now for Sole to Soul Walking Groups Deadline is <u>March 3rd</u>	Check out Wellness programs at www.fumct.org . Find it under “community”	1	2 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT	3 
4	5 8:00 Beth Senior Fitness 9:00 Janice HIIT	6 9:00 Linda STEP & SCULPT	7 9:00 Beth Senior Fitness 1:30 Linda YOGA	8	9 8:00 Janice Senior Fitness 9:00 Sheri 20/20/20	10
11 Lenten theme- Give up to Grow	12 8:00 Beth Senior Fitness 9:00 Janice Cardio Sculpt	13 9:00 Linda TBC	14 9:00 Beth Senior Fitness 1:30 Linda YOGA ASH WED	15	16 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT INTERVALS	17
18 Girls' Softball Signing Day Event	19 Church closed for President's Day	20 9:00 Linda PILATES & TBC	21 9:00 Beth Senior Fitness 1:30 Linda YOGA	22	23 8:00 Janice Senior Fitness 9:00 Sheri Step & Sculpt	24
25	26 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout	27 NO CLASSES <u>Little Lambs Sale</u> <u>Feb 29-Mar 2</u>	28 NO CLASSES	29	March 1 NO CLASSES	Join the WELLNESS GROUP on the FUMCT Fb page